

# **BULLETIN**

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### **THE USE AND OVERCOMING OF HINDRANCES**

We spoke last week of the many virtues that are needed by the disciple in order to tread successfully the "Path to Perfection." Today we shall notice a few of the most common obstacles that stand in his way and bar his further progress.

One of these, bodily ill-health, has been most vigorously handled of late years, and many of the laws uniting the physical with the mental and moral realms have been taught and demonstrated—to the great advantage of the race.

It has been shown that fixed mental states produce bodily disease; on the other hand we all know by experience that the mental and moral health are in some measure dependent upon the physical. Excesses of all kinds are well-known to bring their after consequences. But there is, in addition, a variety of physical states that hamper our activities and cause us to be less useful in the world than we would like to be—states that do not apparently originate with our own imprudence, or with ourselves at all, so far as we can judge.

These are our opportunities! They are like the clubs and the dumb-bells to the athlete—instruments by means of which we strengthen those muscles that we intend to use when the day of our trial comes. There is no condition, physical or otherwise, that cannot be changed by a right use of the spiritual powers, but whilst the change is being wrought we must exercise ourselves daily and arduously as the athlete does while he is training.

The disciple is always in training.

Poverty is another difficulty to many people. Men are ground down by want of even the bare necessities of life. How is it possible for them to think of spiritual things? Or they are compelled to work early and late to provide for the physical wants of those dear

to them and dependent upon them. Here are problems that demand the exercise of the most heroic virtue and the rarest skill.

The main reason why so many fail to find a suitable issue from this difficult situation is that they seek it in the exactly opposite direction from the one pointed out by the ancient teachings. "Seek ye *first* the kingdom of God and his righteousness; and all these things shall be added unto you." That is to say, first of all take time for the proper nourishment of the inner, spiritual man, and as you grow spiritually all lesser, worldly things shall be added unto you.

This certainly seems the most orderly way of proceeding, if only we had the courage to risk it!

We are not without examples of those who have tried and are trying this law, and it always works.

And even the most extreme poverty is less hampering to spiritual growth than the lust of gold, the passion for heaping up superfluous wealth.

The ideal disciple desires neither riches nor poverty; he aims to acquire a modest competency that shall allow him the necessary leisure to devote to higher things.

Lack of leisure is a most fruitful source of weakness of all kinds—especially of spiritual impotence and death.

It does not always arise from poverty alone, but too often from an unwise mode of living. We allow ourselves to cultivate an excessive activity in all worldly affairs—even those of our neighbors sometimes—and this impedes our power of thought on higher planes. Or our emotions run riot and tire us out with excesses of love or hatred, of anger or desire, of hero-worship or even of spiritual aspiration. All excess is weakening.

Thus our leisure which might have been spent in serenity of soul becomes a stormy battle-ground.

But perhaps the hindrance that causes most of us the most acute suffering is the inharmony that too often exists between ourselves and those who are the nearest and dearest in our lives. We feel that it is partly our fault, perhaps, but we are unable to find a remedy.

This situation is another of our most blessed opportunities for testing ourselves and learning ways and means of overcoming criticism and hostility. The sovereign remedy is again given by the same Teacher from Whom we quoted above—"Love your enemies . . . for if ye love them which love you, what reward have ye?" Be strong within yourself, not obstinate, proud or opinionated—this is not strength but weakness—considerate, full of love to all, full of active expedients of a creative nature for the general comfort, vigorous and stable in character and conduct.

There is an occult law that causes the weak to unconsciously succumb to the influence of the strong and tend to be guided by them; and this law is at the root of the doctrine of "Non-Resistance," when

rightly understood and practised. But this strength which of its very nature overcomes and conquers is the *real* strength that issues from self-control, love, serenity, a sympathetic interest, Will and creative energy.

Other men, again, are hindered by evil associations and the lax principles of those with whom they are perforce thrown during their business hours. There are two ways of meeting this problem. If we are strong (as strength is defined above) we can make a little heaven within ourselves wherever we are, and after a time, as we increase in power, our radiations will attract different conditions and personalities to us. If, however, we fail in this and are in danger of going under to anger, hatred, despair or any other of the emotions that we desire to avoid, then we must flee from the situation and start afresh. There is no disgrace in a prudent retreat from an untenable position, if only the struggle is not abandoned. A failure is often the precursor of a glorious victory.



The pin of the Society may be ordered from the Secretary, O. E. S., at the following cost:

Solid Gold, with safety catch.....	\$3.50
Gold filled, with safety catch.....	1.00
Gold plated, no safety catch.....	.75
Gold filled, no safety catch.....	.50

The pin is slightly smaller than the above cut. It shows in the Center the Sacred name (see BULLETIN, February 17th) in white lettering, and from this point there pour forth rays of Wisdom, Love and Power upon all beings throughout the whole Universe. The Kaf, which is shown in gold, symbolizes our Society receiving these rays, collecting them and giving them forth in spiritual truths to the whole world. The background is the dark blue of Space, and the curved surface represents our world or sphere.

## The Astrological Bulletina

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**P. O. Box 573, Portland, Oregon**

## BOOK NOTES

Writing the Short Story, *J. Berg Esenwein*..... 1.25 (.11)

*Writing the Short Story.* It took Ben Franklin nearly five days to travel from New York to Philadelphia, and doubtless he preserved his good nature all the while. We make the same trip in two hours and are irritated if the train is ten minutes late. Our grandparents were thirty days in hearing of the battle of Waterloo, while we are served with European happenings at breakfast the next morning. Our parents read three volume novels, while the busy man of today demands a story that can be begun and finished after dinner. It is this demand which has given us the Short Story.

There are many who regard the hurry of today, the tendency to fly from one thing to another like a bee in a flower bed, as anything but desirable, and as indicating that we are losing the power of concentrating on one subject—in short, as a sign of retrogression rather than of progress. At best it is looked on as a necessary evil, the result of a pressure and competition which, if continued, will ultimately drive a large part of the race to the madhouse. We dissent entirely from this opinion. Life is not a question of time but of things accomplished, of thoroughness and harmony. If we can make two stalks of wheat grow where but one grew before, we need not talk of crowding; if we can do ten times as much in a day as did our parents, and do it as well, we are the gainers. The overwork and the exhaustion from worry and friction are but incidentals, the result of our not having yet grown up to our tasks, of our not having learned to keep pace with evolution. Who would criticise God for having to look after all the affairs of the Universe every second? Yet it is just this spirit that they show who find fault with the present tendency. If we are ever going to become gods, or even half-gods, and occultism teaches that we are, we shall have to learn to hustle, and that is just what we are doing. We are in school for greater activities and higher responsibilities. That "The heart of Being is celestial rest" is true only in the sense that it is tremendous activity without friction or worry; as placid as the sunbeam, it is, like it, the scene of thousands of millions of vibrations each second. And it is towards the rest of the sunbeam, not towards inertia, that we are tending.

The writers of Short Stories—and we may add, the promoters of moving pictures—are aiding this evolution. They enable us to get as much refreshment in an hour as the older writers gave us in days. He who has time to read a long novel is not to be envied, but rather pitied as a laggard. And books giving instruction in writing the Short Story are in order. Short Story writing has much akin to "ad" writing; it means saying the most in the least space. Given a plot, it is a simple matter enough to pump it full of wind, but to make it effective and save the reader's time is quite another matter. Mr. Esenwein has given us a masterly book telling us how to do it. He analyses the Short Story; tells what kinds of stories take; how to make a plot; how to do the stuffing; where to sell it; in short, everything except supplying the brains and the stationery.

## BOOKS RECEIVED

*Notices of these books will be given in the BULLETIN as soon as possible*

The Creative Process in the Individual, <i>T. Troward</i> ..	1.50	(.10)
A new book by the author of "Edinburgh Lectures" and "Dore Lectures."		
The Culture of Courage, <i>Frank Channing Haddock</i> ..	3.00	(.17)
By the author of "The Power of Will" and "Business Power."		
Builders of the Beautiful, <i>H. L. Piner</i> .....	1.50	(.14)
Ancient India; Its Language and Religions, <i>H. Oldenberg</i> .....	.50	(.05)
History of Religion, <i>Allan Menzies</i> .....	1.50	(.14)
Religions of Primitive Peoples, <i>Daniel G. Brinton</i> ....	1.50	(.14)
Ten Great Religions, <i>James F. Clarke</i> .....	2.00	(.18)
A standard and classical work on this subject.		
Christ, the Messenger, <i>Swami Vivekananda</i> ..paper..	.25	(.02)
Some Noble Souls, <i>Elisabeth Severs</i> .....	1.50	(.10)
Primitive Psycho-Therapy and Quackery, <i>Robert M. Lawrence</i> .....	2.00	(.18)
Hypnotism, <i>Albert Moll</i> .....	1.50	(.14)
Astronomy for Everybody, <i>Simon Newcomb</i> .....	2.00	(.18)
Simon Newcomb was one of the most prominent American astronomers, equally at home in profound mathematical astronomy and in popular narrative.		
Popular Astronomy, <i>Simon Newcomb</i> .....	1.30	(.12)
The Stars; a Study of the Universe, <i>Simon Newcomb</i>	2.00	(.18)
Astronomy with an Opera Glass, <i>G. P. Serviss</i> .....	1.50	(.12)
The Moon, Considered as a Planet, a World, and a Satellite, <i>J. H. Nasmyth and Jas. Carpenter</i> ....	2.00	(.18)
The Story of the Heavens, <i>Sir R. S. Ball</i> (deposit)...	3.50	(.25)
By the astronomer royal of England.		
The Evolution of Worlds, <i>Percival Lowell</i> .....	2.50	(.20)
Mars and Its Canals, <i>Percival Lowell</i> .....	2.50	(.20)
Percival Lowell is the best authority on the subject of Mars.		
Mars as the Abode of Life, <i>Percival Lowell</i> .....	2.50	(.20)
Is Mars Habitable? <i>Alfred R. Wallace</i> .....	.60	(.06)
Our Solar System, <i>Percival Lowell</i> .....	1.25	(.12)
Five Years of Theosophy, <i>Anon</i> .....	2.00	(.12)
Souls in Action, <i>Harold Begbie</i> .....	1.25	(.10)
"Examples of 'Varieties of Religious Experiences' in struggle and in triumph, expanding the narrative of 'Twice Born Men.'"		
How to Live on 24 Hours a Day, <i>Arnold Bennett</i> ....		
.....boards..	.50	(.05)
Mind, the Builder, <i>Arthur A. Lindsay</i> .....	1.00	(.10)
How to Develop Self-Confidence in Speech and Manner, <i>Grenville Kleiser</i> .....	1.25	(.10)

(Subject to change without notice)

## BOOKS FOR SALE AND RENT BY THE ORIENTAL ESOTERIC LIBRARY

*Terms*—Unless otherwise noted, five cents a week or fraction of a week (time in transit not counted) and cost of transportation to borrower. Figures in ( ) show cost of transportation one way, but are to be disregarded if books are bought. Agreement to terms required *in advance*. Borrowed books may be bought, but rent for time in excess of two weeks must be paid. Address *The Librarian, O. E. L., 1443 Q Street, N. W., Washington, D. C.*

### Hygiene and Dietetics (Continued from March 10)

- A Fleshless Diet, *J. L. Buttner, M. D.*..... 1.35 (.11)  
Shows the horrible results of meat eating. Full of facts for the vegetarian.
- Vitality, Fasting and Nutrition, *Hereward Carrington* (deposit)..... 5.00 (.30)  
"A Physiological Study of the Curative Power of Fasting, together with a New Theory of the Relation of Food to Human Vitality."
- The Nutrition of Man, *Prof. Russell H. Chittenden*.. 3.00 (.22)  
A scientific book by the foremost American authority.
- Woman Beautiful, *E. A. Fletcher*.. paper, .75; cloth.. 1.00 (.15)
- The A.B.-Z. of Our Own Nutrition, *Horace Fletcher*. 1.00 (.13)  
Proper assimilation of food is as essential to happiness as a good conscience—perhaps more so. Horace Fletcher is the apostle of salvation through chewing, *alias* Physiologic-Mastication. He changed himself from a partial paralytic to an athlete through its practice. "Fletcherism" is no longer a fad.
- The New Glutton or Epicure, *Horace Fletcher*..... 1.00 (.13)
- Nutrition and Dietetics, *W. S. Hall*..... 2.00 (.16)
- The Complexion Beautiful; or, New Skin for Old, *O. Hashnu Hara*..... paper.. .40 (.02)  
How to be beautiful without paint or cosmetics.
- The Human Mechanism, Its Physiology and Hygiene and the Sanitation of Its Surroundings, *T. Hough and W. T. Sedgwick*..... 2.00 (.15)
- The Duty of Being Beautiful, *Sara A. Hubbard*, illustr. .... leather, 1.25; cloth.. .50 ( )
- Long Life and How to Attain It, *Pearce Kintzing, M. D.*, free list..... 1.00 (.10)  
An admirable book on how to grow old gracefully without being a faddist.
- My Lady Beautiful, *Alice M. Long, D. P.*..... 1.25 (.11)  
The woman of forty may be more fascinating than the girl of sixteen—as illustrated by the pictures.
- Hygiene for Nurses, *Isabel McIsaac*..... 1.25 (.10)
- Fresh-Air Book, *P. J. Mueller*..... .85 (.07)
- The Fountain of Youth; or, Personal Appearance and

<b>Personal Hygiene, Grace Peckham Murray, M. D.,</b> <b>illustr</b> .....	1.35	(.12)
Contents: The face; eyes; ears and nose; mouth and teeth; voice; neck and arms; hair; obesity; dress, etc. Of interest to women—but also for men.		
<b>Hatha Yoga, Ramacharaka, free list</b> .....	1.00	(.10)
"The Science of Physical Well-being." An excellent treatise on Hindu hygiene.		
<b>The Cost of Cleanliness, Prof. Ellen H. Richards</b> ....	1.00	(.10)
<b>Sanitation in Daily Life, Mrs. Ellen H. S. Richards</b> ..	.60	(.06)
<b>The Art of Living in Good Health, D. S. Sager, M. D.</b>	1.35	(.12)
<b>How to Keep Fit, A. T. Schofield, M. D</b> .....	.75	(.05)
<b>Physical Perfection, Sylvester J. Simon</b> .....	1.50	(.09)
<b>Good Health and How We Won It, Upton Sinclair and</b> <b>Michael Williams</b> .....	1.20	(.12)
<b>Manual of Physical Exercises, A. R. T. Winjum,</b> <b>M. E.</b> .....	1.75	(.15)
<b>Food in Health and Disease, I. Burney Yeo</b> .....	2.50	(.15)
A popular yet thoroughly scientific book by a F. R. C. P. on the nature of different foods, their suitable preparation and appropriate use in health and disease. Read it, faddist.		
<b>The Hindu-Yogi System of Practical Water Cure,</b> <b>Ramacharaka</b> .....paper..	.50	(.05)
In your own home a drug store; in this book the knowledge of using it.		

### Sex Hygiene and Ethics

<b>Love's Coming-of-Age, Edward Carpenter</b> .....	1.00	(.07)
"A series of papers on the relations of the sexes."		
<b>Maternity Without Suffering, Emma F. Drake, M. D.</b>	.50	(.05)
<b>Pre-natal Culture, A. E. Newton</b> .....paper..	.25	(.04)
<b>The Ethics of Marriage, H. S. Pomeroy</b> .....	1.00	(.07)
On the moral, physical and legal aspects of preventing maternity.		
<b>Karezza; Ethics of Marriage, Alice B. Stockham,</b> <b>M. D.</b> .....	1.00	(.06)
<b>The Lover's World, Alice B. Stockham, M. D.</b> .....	1.65	(.13)
A treatise on love, and the mastery and use of creative force.		
<b>Tokology, Alice B. Stockham, M. D</b> .....	2.25	(.11)
Practical counsels to women before, during and after maternity, and on the care of the infant. A standard work.		
<b>Teaching Truth, Mary Wood-Allen, M. D</b> .....	.50	(.05)
How to answer the child's question, "Where did I come from?"		
<b>Almost a Man, Mary Wood-Allen, M. D</b> .....	.50	(.05)
Teaches the boy knowledge and mastery of his body.		
<b>Almost a Woman, Mary Wood-Allen, M. D</b> .....	.50	(.05)
The subject of developing womanhood treated in a frank, clear and delicate manner, by an eminent authority.		
(Classified List continued in the following BULLETIN)		



## MISTAKES

#16

P. 8

We learn through our mistakes. The road is rough  
And lone and long unto our weary feet;  
We fain would linger with the lily sweet,  
And pluck the rose, nor mind her mute rebuff.

Through our mistakes we learn. We grasp the gold  
Within the buttercup—and fast it fades;  
So pleasure, fairy-winged, pursuit evades  
Yet ever lures us on with promise bold.

'Twas our mistake that left a cruel stone  
When last we came along this narrow path.  
'Twas ours to help remove;—shall nurse our wrath  
If now we find that we are overthrown?

But we are jostled, pushed aside, we find  
The friend we love most deep can deepest wound;  
In ages past when our two souls communed  
Dost think that thou and I were always kind?

'Twas our mistake that sowed the thorns and briars  
Nor stayed to sort and plant the chosen seed;  
'Twas we who sowed broadcast the giant weed—  
The love of self, that flowered in false desires.

O let us learn to love eternal things,  
And unattached, to leave our brother free;  
Then living for Thy cause, Humanity,  
We'll learn the lesson the Eternal brings.

—Ariel